



ESCALEREDAPY

NDIS Group Program

celebrating neurodiversity



Learning Outcomes



Environmental & cultural respect

Participants will learn about the diverse plant and animal species in Currumbin Valley, fostering an appreciation for biodiversity and ecosystem interdependence. Engaging with Aboriginal stories and practices further promotes empathy and cultural sensitivity, encouraging respect for diverse communities and the rich history of our local ecosystems.

Cognitive and Academic Skills

Learning about ecosystems and Aboriginal history encourages critical thinking and the ability to see our local surroundings as a colourful tapestry of culture and environmental ecosystems.

Alongside this, engaging with educational content in an immersive setting is an effective learning approach to stimulating memory and attention abilities.

Practical Life Skills

Hand-crafting activities such as minicanoe crafts teaches practical outdoor skills that can be applied to other handson projects. Designing and building projects in a group environment fosters innovative thinking and the ability to approach tasks creatively. By successfully completing hand-crafts and participating in group activities boosts self-esteem and fosters a sense of accomplishment





NDIS GOALS

Increased Social & Community Participation

Funding to pay for tuition fees, art classes, sports coaching, camps, and other activities that build skills and independence. Activity-based transport is also included.

Improved Relationships

Funding to pay for someone to help you build your social skills or behavioural therapy services.

Improved Learning

Funding for a support worker to provide advice on further education, support you with applications to further education organisations, support you at orientation events, or assist you to participate in further education.

Please contact your Support Coordinator or Plan Manager for further information regarding your available funding options.



Ecotherapy-based learning in Currumbin Valley

This Ecotherapy group program in Currumbin Valley offers Autistic and ADHD participants the opportunity to connect with nature while learning about local flora, fauna, and Aboriginal history. The hands-on activities, such as bush hand-crafting and preparing traditional foods like damper and billy tea, foster creativity, practical outdoor skills, and teamwork. Being in nature reduces stress and anxiety, promoting emotional well-being and mindfulness. The program also fosters cultural awareness and respect, as participants engage with the local Indigenous stories and practices that have shaped our community's history. Overall, Ecotherapy-based learning supports cultural awareness, social interaction, and a deeper connection to the local environment, providing holistic benefits that are particularly valuable for neurodiverse young people.

Who has designed this program?

Nev Grossman

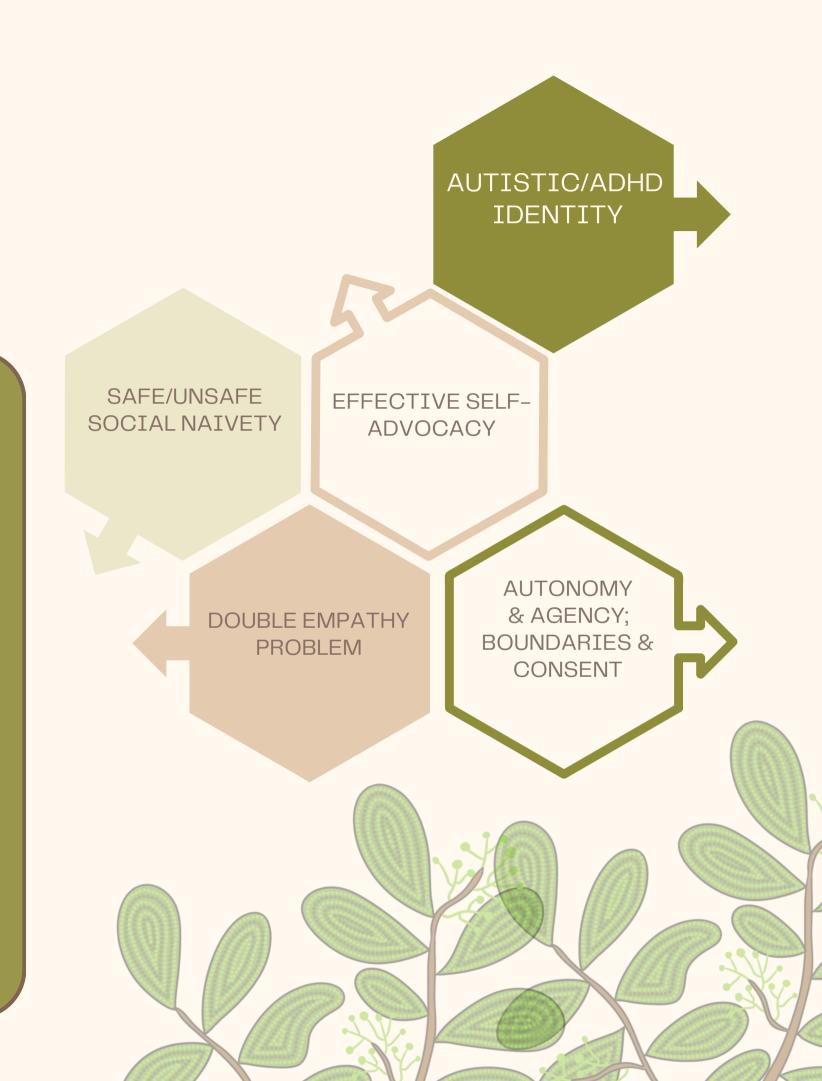
Nev, originally from New Zealand, began his career working with youth with disabilities. After relocating to Australia, he focused on at-risk youth and obtained qualifications in outdoor recreation. He specializes in adventure-based learning, incorporating skills like canoeing, rock climbing, and bushwalking to offer enriching experiences.

Amelia Read

As a neurodiverse Clinical Psychologist, Amelia's approach is not only evidence based but shaped by her own lived experience of neurodiversity. Diagnosed with ADHD and autism herself, she understands firsthand the unique perspectives and challenges of neurodiversity. It is this personal understanding that has fuelled her mission to champion and empower the neurodiverse community through compassionate care and advocacy.

Why is Ecotherapy important?

Understanding the history and importance of our local ecosystems fosters a deeper sense of pride and awareness for the environment and Indigenous communities. Through Ecotherapy-based learning, participants have the opportunity to learn more about their local surroundings, practice social skills, and get creative with natural elements. Under the guidance of an experienced Natural Therapies Assistant, the group can explore a new way of learning in a safe, outdoor environment. Hand-crafting mini-canoes, preparing billy tea and damper for lunch, and constructing a shelter out of raw materials - the group will also benefit from the tranquility of nature and practice outdoor mindfulness techniques.



Total Cost: \$360

*A 2.5 hour educational workshop with a Natural Therapies Assistant and ARP Support Worker focused on building confidence, cultural awareness and social capacity in outdoor group settings.

This price does not include:

*Transport/travel costs to and from the sessions. Please contact your Support Worker to organise transport.

Billing

After registration, you will be required to fill out our Group Intake Forms where you will have the opportunity to select your billing method for the group program. You can choose between Core, Increased Social Budget or Capacity funding, You can also select "paying privately" if you plan to claim a medicare rebate for your participation in the program.

Cancellation Policy

- * Cancellation within 3 days of the program will be charged in full.
- * Prices are subject to change based on participant numbers.

Price guides & enrolment

Client Enrolment Form

Prior to participating in any program or activity facilitated by Amelia Read Psychology, all participants and/or their legal parent/guardians must complete the Client Enrolment Form, acknowledging that they have read, understood, and agreed to the terms and conditions set out in this document.

Participant Details: (details of the participant attending the program)

h:	Gender:	amelia read	Payora
per:	_Email:	PSYCHOLOGY	
		NDIS CROUP ACTIVITY PRICE	CHIDE

Known Medical Conditions

Date of Birt

Asthma/Breathing Difficulties	Digestiv
Anaphylaxis (e.g nuts, bee stings)	Spinal
Diabetes	Heart or
Epilepsy, Fits or Convulsions	Head or
Fainting Spells of Blackouts	Arthritis
Migraines or Severe Headaches	Visual I
Memory or Attention	Allergie
Hearing Impairment	Physical
Joint or Muscular	Intellect

If	von	ticked	anv.	of the	ahove	nlease	provide	specific	detaile
**	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Hencu		or the	40010	preuse	provide	specific	actuils.

1. CORE FUNDING OPTION			
Item Code	Item Name	Unit	Price
04_104_0125_6_1	Assistance with Social, Economic and Community Participation (Weekday Rate).	2	\$67.00
04_104_0125_6_1	NDIS non face-to-face document and session prep.	3.38	\$67.00
Total Price		5.38	\$360.0
2. CAPACITY BUILDING OPTION			
Item Code	Item Name	Unit	Price
15_053_0128_1_3	Therapy Assistant working in partnership with a Clinical Psychologist.	2	\$86.79
15_053_0128_1_3	Intervention provided by a psychologist. Non face-to-face intervention session, preparation and documentation.	2.15	\$86.79
Total Price		4.15	\$360.0
3. INCREASED SOCIAL BUDGET			
09_009_0117_6_3	Individual life skills development and training, developing skills for community, social and recreational participation.	3	\$74.00
09_009_0117_6_3	Non face-to-face intervention session, preparation and documentation.	1.7	\$74.00
Total Price		4.7	\$310.0

Ecotherapy with Wild Youth | September 2024

Please see below two options for how you can be billed. Please advise ARP which option best suits

Please refer to the next page for the program's conditions and our cancellation policy.

Frequently asked questions

What do participants need to bring/wear?

As this is an outdoor program, we kindly ask that all participants arrive wearing enclosed walking shoes, comfortable clothing suitable for walking in nature, and a hat. Participants will also need to bring a backpack with a water bottle, sunscreen, snacks (optional), bug spray, and any sensory tools they may need/prefer to have.

Will there be a psychologist present?

Whilst this program is overseen by a psychologist – a psychologist will not be physically present during the sessions. A Natural Therapies Assistant from Wild Youth will be facilitating this program along with one of our trained Support Workers.

When will I be billed for this program?

The invoice for this program will be sent at the end of the program. If you require an alternative billing cycle, then please make sure to communicate this during the registration process.

Where will this program be hosted?

Currumbin Valley 138 Piggabean Road, 4223, Queensland

How many people will be in the program?

We limit this program to a maximum of six participants and a minimum of four. This is to ensure that the group also has the opportunity to connect with other kids and hopefully make some new friends

